



## Small Businesses Offered Grants to Support Physical Activity and Nutrition in the Workplace



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BURLINGTON – The Vermont Department of Health is offering grants to small businesses with between five to 50 employees to create worksite wellness programs.

“Worskites are a great place to focus on changing health behaviors by encouraging and supporting healthy eating and physical activity habits,” said Health Commissioner Harry Chen, MD.

The Working Toward Wellness grants provide funding and technical assistance to develop seven workplace wellness programs at seven sites across the state: Bennington, Brattleboro, Burlington, Middlebury, Morrisville, Newport and White River Junction.

Worskites will be given a one-time award of \$3,000 to help start up a wellness program with a focus on increasing the physical activity and healthy eating opportunities for employees. Worskites will be matched with Health Department staff from their area district office who will work closely with them throughout the grant year to:

- Compose a wellness team
- Identify the wellness needs of the company and employees
- Create goals for the program
- Plan and implement wellness programming
- Evaluate efforts

The application deadline is June 12, 2015.

A workplace wellness program can have many benefits for a business and its employees. The programs routinely increase employee engagement and camaraderie, and can lead to measureable health outcomes.

Grant winners will be selected based on readiness to develop a worksite wellness program, including support from leadership, employee engagement, and ideas about what they want a wellness program to include.

Working Toward Wellness grant winners will be announced June 26.

The application can be found at <http://www.vermontbidsystem.com/BidPreview.aspx?BidID=11615>.

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